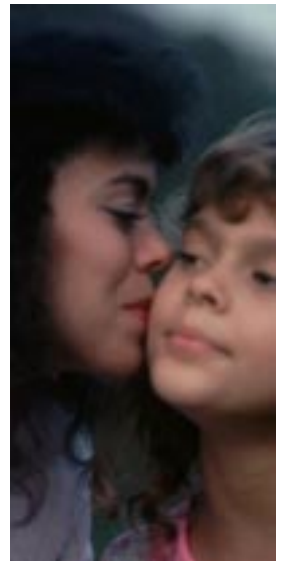


plain talk on **Terrorism Preparedness**

New
Jersey's
guide
to
protecting
yourself
and
your
family





A Message from Governor McGreevey:



Dear Friends and Neighbors:

September 11, 2001 is a day etched in the memory of all Americans. Terrorist attacks on that day claimed more lives than the Pearl Harbor attack on December 7, 1941. From the moment the first plane hit the World Trade Center, our nation and the world changed. Our peace and domestic security can never again be taken for granted.

As a nation, Americans have responded with splendid dedication and sacrifice. At every level, people have joined together in efforts to assure the safety of our nation, our communities, and our families.

In New Jersey, we created a Domestic Security Preparedness Task Force to coordinate public and private efforts to enhance security, to coordinate emergency response work, and to educate citizens. In short, the Task Force is helping New Jersey to be prepared to respond to terrorist threats and future aggression.

This brochure provides detailed information on steps you can take to protect yourself, your family, and your home. Please read the brochure carefully.

Protecting the life, health and safety of the people of New Jersey is my most important responsibility as Governor. I ask for your help in addressing this critically important responsibility.

With all good wishes,

Be Prepared. Here's How.

Terrorists look for highly visible targets, such as airports and public events. Their objective is to create fear among the public, to try to convince citizens that their government is powerless to prevent terrorism, and to get immediate publicity for their causes.

Preparing for a terrorist attack is the same as preparing for other emergencies, such as fire or hurricanes.

- Be aware of your surroundings. Terrorists often strike with little or no warning.
- Use caution when you travel. Observe and report unusual or suspicious activity to the Police. Keep your suitcases with you at all times—do not accept packages from strangers.
- Locate stairways and emergency exits. Think ahead about how to evacuate a building, subway or congested public area in a hurry.

Create An Emergency Communications Plan

- Choose an out-of-town contact person that your family or household can call to check on each other. Be sure everyone knows the contact person and his/her telephone number(s).
- Establish a meeting place away from your home in case your home is affected by the disaster or is in an area that is being evacuated.
- Check you children's school emergency plan. Make sure the school has your updated emergency contact information.

Keep Informed!
Listen to Local
Radio or TV



The Homeland Security **Advisory System**

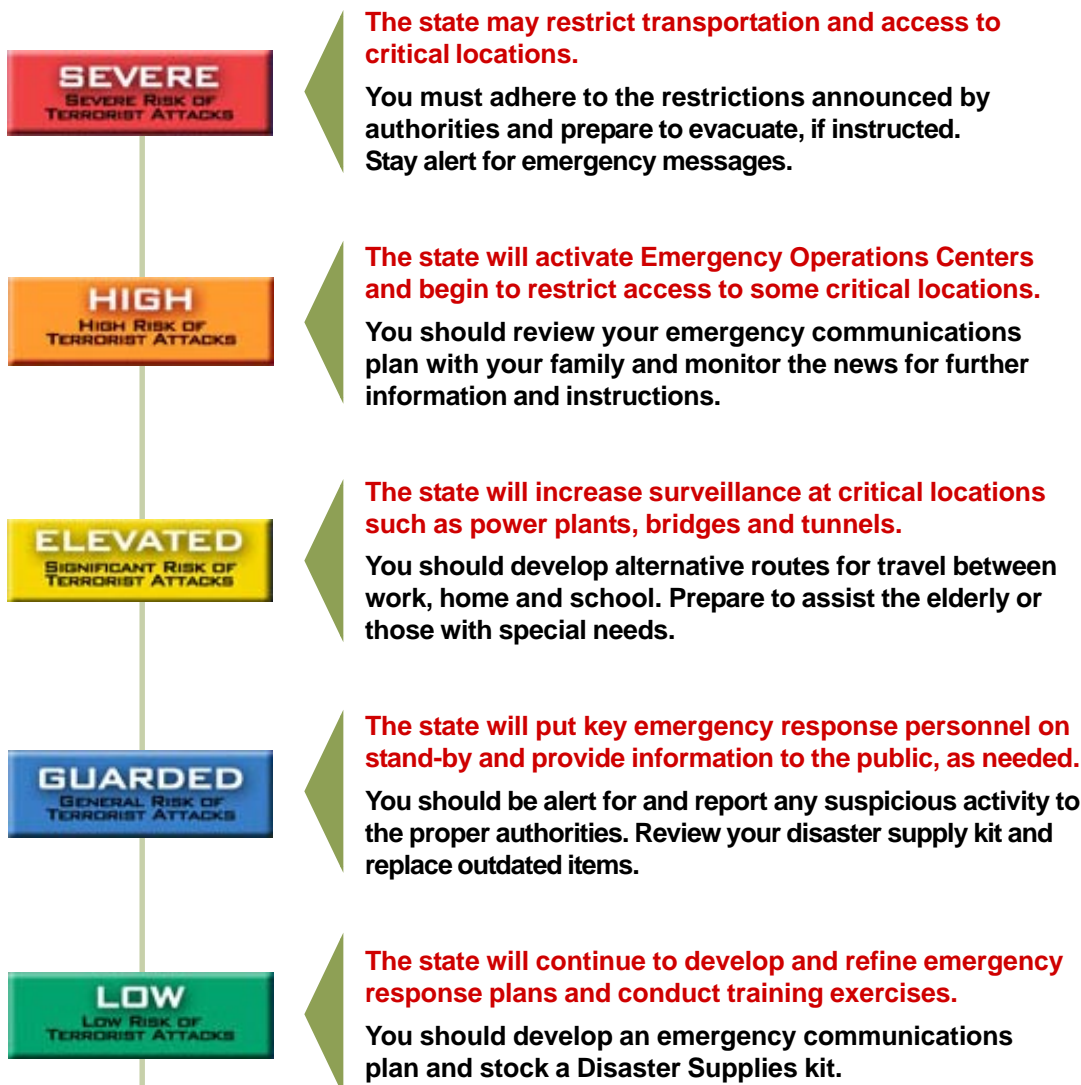
The Homeland Security Advisory System is designed as a simple way to communicate information regarding the risk of terrorist activity. It provides warnings through a set of color-coded "Threat Conditions" that change to reflect current risk. There are five alert stages that range from green for low risk to red for severe risk.

A specific color-coded threat condition may be assigned for the entire nation or may be different for different areas of the country. Threat conditions may also be different for certain industrial facilities such as power plants or chemical factories. You can always find the most up-to-date information on threat

conditions on the New Jersey Homeland Security Web site www.NJHomelandSecurity.com

In New Jersey, the Domestic Security Preparedness Task Force and the Office of Emergency Management will coordinate any actions by government, businesses and volunteer organizations in response to changes in threat conditions. The mission is to take appropriate protective measures to reduce risk and ensure that emergency response people, if needed, are ready to respond.

Below are examples of actions the state will take at each threat level and steps you need to take to better protect yourself, your family and your home.



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In Case of an **Attack** ...

The greatest concerns posed by a terrorist attack involve the use of biological and chemical agents and radioactive materials. In the event of such an attack near you, listen to the radio or television for instructions on how you should respond. You may be told to evacuate the area, to seek shelter in a designated location or to take immediate shelter where you are and seal the premises.



Seek Immediate Professional Medical Help

If you are exposed to contamination, seek immediate medical attention from a qualified professional. If such assistance is not available, decontaminate yourself as best you can by following these simple rules.



In New Jersey and all across America, medical and emergency response authorities are taking steps to strengthen our defenses against any possible attack. These include updating emergency response plans; expanding emergency response training and staffing; vaccinating critical personnel; and updating, and increasing the availability of, emergency response equipment. Vaccines and antibiotics are being stockpiled. Sensors for early detection of an attack are being developed. And research into strategies to clean up and neutralize these materials has been accelerated.

If Help is Not Available Decontaminate Yourself

- Remove all clothing and other items in contact with the body.
- Do not pull items of clothing over the head. Cut them off, if necessary.
- Place removed clothing in a plastic bag and seal it tightly.
- Remove eyeglasses or contact lenses*. Place glasses in a pan of 10 parts water to 1 part household bleach for 5 minutes, then rinse thoroughly with clean water. *Dispose of contact lenses.
- Flush your eyes with lots of water.
- Gently wash your face and hair with soap and water, then rinse thoroughly.
- Gently wash other parts of your body that have been exposed to contamination with a cloth soaked in soapy water. Do not scrub or scrape harshly. Rinse with clear water.
- Change into clean clothes that have been in a closet or drawer and have not been exposed to contamination.



Radioactive Materials & **Nuclear** Terrorism

The possibility of a terrorist attack using radioactive materials is no longer unthinkable. Possibilities include an attack on a nuclear power plant, the use of a small nuclear weapon and the setting off of a "dirty bomb." Residents living within a 10-mile radius of a nuclear power plant have received instructions on how to respond to an emergency at

the plant. They should follow those instructions. All other residents should listen for instructions from emergency management officials. A dirty bomb contains an explosive that would scatter radioactive material over the target area. If a dirty bomb is used by a terrorist, you should leave the area as quickly as possible. Injuries sustained in the blast should be treated first followed by an

Biological & Chemical Weapons

Biological weapons are germs such as anthrax and smallpox that can cause illness and death. Chemical agents are poisonous materials that have toxic effects on people. In general, you should respond as follows to any biological or chemical attack:

If you are caught outside in an open and unprotected area, seek shelter as quickly as possible. Attempt to get up wind of the contaminated area so that the wind is blowing the contamination away from you.

If you are told to stay in your present shelter, go to an internal room, preferably one without windows. Turn off all ventilation, including furnaces, air conditioners and fans. Seal the room with plastic sheeting and duct tape. Remain in the room and monitor news broadcasts for further instructions.

Anthrax

Bacteria commonly found in nature, can be used as a weapon in highly concentrated form.

Anthrax spores are invisible, odorless and tasteless and an amount smaller than a speck of dust can make a person ill. Anthrax is not contagious. The illness cannot be transmitted from person to person. The disease can be treated with antibiotics. To be effective, treatment should be initiated early. If left untreated, the disease can be fatal. There are three ways a person can be infected by anthrax.

- **Cutaneous Anthrax** - Spores enter the body through a cut on the skin, producing a local infection. At first, the infection may resemble an insect bite but, within days, develops into an open sore with a black center.
- **Intestinal Anthrax** - Infection results from eating the meat of an infected animal. Infection causes inflammation of the intestines leading to vomiting of blood and severe diarrhea.
- **Inhalation Anthrax** - This is the most life-threatening form of anthrax. It is caused by breathing in the spores, leading to an infection in the lungs. Illness usually appears from one

to seven days after exposure. Initial symptoms include those associated with a cold or the flu, but can get worse and lead to respiratory failure, shock and often death. Early treatment can prevent death.

Smallpox

Smallpox is a serious, contagious, sometimes fatal disease caused by a virus. Smallpox is usually spread by direct and prolonged face-to-face contact with an infectious person but can also be spread through direct contact with infected body fluids or contaminated objects such as bedding and clothing.

Symptoms include high fever, fatigue and aches. These are followed by a rash that resembles tiny pus-filled blisters, usually beginning at the same time and having the same look, on the face, arms and legs.

There is no specific cure for smallpox disease but it can be prevented through the use of a vaccine, even if it is administered up to several days after being exposed. Routine smallpox vaccination for the general public was discontinued in the early 1970s and individuals previously vaccinated are not considered protected. State and local public health authorities are preparing to conduct vaccination clinics should it become necessary.

Chemical Agents

A variety of chemicals that can take a solid, liquid or gaseous form and can have a toxic effect on people, animals or plants.

Chemical agents can be released by bombs; sprayed from aircraft, boats or vehicles; or used as a liquid. All forms can create a hazard. They may be colorless or odorless. They can have an immediate effect or may take hours or even days before they take effect. While they can be lethal, they are difficult to deliver in lethal doses. The availability and effectiveness of antidotes depend on the specific chemical agent.

assessment by emergency workers to determine if you are contaminated. If emergency facilities are not readily available, treat any injuries with standard first aid and follow the preceding instructions for dealing with contamination. In the event of an attack using a nuclear weapon, remember these three principles to protect yourself:

- **Distance** - Get as far away from the area of the blast as quickly as possible. If possible, move upwind from the blast area.
- **Shielding** - The more heavy, dense materials (concrete, bricks, earth, etc.) between you and fallout from the weapon, the better. An under ground area, such as a basement, offers better protection from radioactive fallout than an upper floor area.
- **Time** - Radiation exposure from radioactive fallout poses the greatest threat immediately after the blast. It diminishes significantly.



Take an active role and volunteer for America. Become a part of **Citizen Corps**.

**Public education, training, and volunteer opportunities
to support community and family safety.**



Citizen Corps provides opportunities for people across the country to participate in a range of measures to make their families, their homes, and their communities safer from the threats of crime, terrorism, and disasters of all kinds. CITIZEN CORPS is managed at the state and local level by Citizen Corps Councils now being formed.

Following a major disaster, first responders who provide fire and medical services will not be able to meet the demand for these services. Factors such as number of victims, communication failures and roadblocks will prevent people from accessing emergency services they have come to expect at a moments notice through 911. People will have to rely on each other for help to meet their immediate life saving and sustaining needs.

The CERT Course will benefit any citizen who takes it. They will be better prepared to respond to and cope with the aftermath of a disaster. Additionally, if a community wants to supplement its response capability after a disaster, civilians can be recruited and trained as neighborhood, business, and government teams that, in essence, will be auxiliary responders.

How can I join a CERT Team?

If you are an individual looking to join a local CERT Team, contact your municipal emergency management coordinator to see if the program is already active in your community, or if a CERT program is being developed. To

find the telephone number of the municipal emergency management office, look in the telephone directory, or contact your County OEM Coordinator. For a list of New Jersey's County Emergency Management Coordinators visit: www.state.nj.gov/njoem/association.html.

What type of training do I need?

Individuals who wish to join a CERT team will most likely receive training in the following areas: Basic First Aid, CPR, Family Disaster Preparedness, Disaster Fire Suppression and Medical Operations, Operation of the CERT, Disaster Psychology, Basic Emergency Management, and any other topics which are related to the emergency management needs of the town and the CERT team that is being formed. Total training is usually about 18 hours, scheduled in 2-4 hour modules, over a period of weeks or months, in order to address the scheduling needs of team members.

Municipal Emergency Management Coordinators may attend the CERT Train-the-Trainer Program offered through the NJOEM Emergency Management Bureau. This training is intended for individuals who will lead or coordinate a CERT Program, not for individual team members.

The NJ Office of Emergency Management fully supports increased national emphasis on the Community Emergency Response Team (CERT) Program, and all initiatives which result in communities, individuals and organizations that are better informed and better prepared to handle natural and man-made disasters.

For More Information Visit:
www.state.nj.us/njoem/emb_cert.html



*CERT member
assisting a victim to
treatment area.*

Learn First Aid and CPR



**Everyone should
also consider
taking a first aid
course and
become trained
in CPR. These
skills can save
lives in any
situation.**

Federal Emergency Management Agency

CERT
COMMUNITY EMERGENCY RESPONSE TEAM



Prepare a Disaster Supplies Kit

There are six basics you should have in your home in case of any emergency. They are water, food, a first aid kit, clothing and bedding, tools and supplies, and special items. Items you would need in case of an evacuation should be kept in an easy-to-carry container such as a large covered trash container, a backpack or a duffel bag. You should also keep a smaller version of a disaster supply kit in your car. Below are listed some of the items you may want to consider including from each of the basic categories.



Water

Store one gallon of water per person per day.

- ☐ Have a 3-day supply. *(replace supply every six months)*

Clothing and Bedding

Include at least one complete change of clothing and footwear per person.

- ☐ Sturdy shoes or work boots
- ☐ Blankets and/or sleeping bags
- ☐ Thermal underwear
- ☐ Sunglasses
- ☐ Rain gear
- ☐ Hats & gloves

keep a smaller version of a disaster supply kit in your car



Special Items

Remember family members with special needs such as infants, elderly or disabled individuals.

For Children—

- ☐ Baby formula/food
- ☐ Diapers
- ☐ Bottles
- ☐ Powdered milk
- ☐ Medications
- ☐ Games/Activities

For Adults—

- ☐ Prescription drugs
- ☐ Heart and high blood pressure medications
- ☐ Insulin
- ☐ Denture needs
- ☐ Contact lenses & supplies
- ☐ Extra eye glasses
- ☐ Playing cards & books



Food

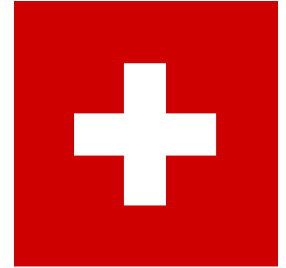
Store at least a 3-day supply of non-perishable food for each person. Select foods that require no refrigeration, cooking or preparation. Select food items that are compact and light-weight and rotate the food supply every six months.

- ☐ Ready to eat canned meats, fruits & vegetables
- ☐ Soups, bouillon cubes or dried soups
- ☐ Milk - powdered boxed or canned requiring no refrigeration
- ☐ Baby formula/food
- ☐ Sugar cookies
- ☐ Hard candy
- ☐ Sugar
- ☐ Salt
- ☐ Pepper
- ☐ Juices - canned, boxed, powdered or crystallized
- ☐ Smoked or dried meats such as beef jerky
- ☐ Vitamins
- ☐ High energy foods - peanut butter, nuts, trail mix



Tools and Supplies

- ☐ Mess kits or paper cups, plates, plastic utensils
- ☐ Battery or gyro operated radio & extra batteries
- ☐ Small fire extinguisher
- ☐ Flashlight & extra batteries
- ☐ Paper & pencil/pen
- ☐ Non-electric can opener
- ☐ Utility knife
- ☐ Tent
- ☐ Plastic sheeting
- ☐ Duct tape
- ☐ Pliers
- ☐ Compass
- ☐ Signal flare
- ☐ Needles & thread
- ☐ Aluminum foil
- ☐ Matches
- ☐ Shut off wrench for gas & water
- ☐ Work gloves
- ☐ Plastic storage containers
- ☐ Medicine dropper
- ☐ Cash or travelers checks & change
- ☐ Dust mask *(for dust/debris)*
- ☐ Toilet paper
- ☐ Personal hygiene items
- ☐ Feminine supplies
- ☐ Disinfectant
- ☐ Plastic garbage bags & ties
- ☐ Soap
- ☐ Household chlorine bleach
- ☐ Small shovel *(to dig toilet, etc.)*
- ☐ Plastic bucket with tight lid *(indoor toilet)*



First Aid Kit

You should have two first aid kits - one for your home and the other for your car. The kit should include:

- ☐ Sterile adhesive bandages - assorted sizes
- ☐ Gauze pads (2 & 3-inch)
- ☐ Triangular bandages
- ☐ Hypoallergenic adhesive tape
- ☐ Sterile roller bandages (2 & 3-inch)
- ☐ Scissors
- ☐ Tweezers
- ☐ Needle
- ☐ Safety razor blade
- ☐ Safety pins *(assorted sizes)*
- ☐ Bar of soap
- ☐ Moist towelettes
- ☐ Non-breakable thermometer
- ☐ Antiseptic spray
- ☐ Latex gloves
- ☐ Petroleum jelly or other lubricant
- ☐ Tongue blades & wooden applicator sticks
- ☐ Aspirin and non-aspirin pain reliever
- ☐ Antacid
- ☐ Laxative
- ☐ Eye wash
- ☐ Rubbing alcohol
- ☐ Antiseptic or hydrogen peroxide
- ☐ Anti-diarrhea medication
- ☐ Emetic *(to induce vomiting)*



Important Information

Preparing For An Attack

- Prepare a disaster supply kit for the home. Use the check list on the other side of this sheet as a guide.
- Create an Emergency Communications Plan. Complete, remove and post this sheet in a prominent place.
- When in public places, locate stairways and emergency exits. Think ahead about how to evacuate a building, subway or congested public area in a hurry.
- **Keep informed** — Listen to Local Radio or TV.

For the Latest Info...

Find up-to-the-minute preparedness information, the current security alert, resources and related links at: www.NJHomelandSecurity.com or Contact The New Jersey Office of Emergency Management at 609-538-6014.

How to Submit Tips...

New Jersey has a unified statewide system that links every police department and the 21 county prosecutors' offices to fight terrorism. **The most effective way to report a tip regarding possible terrorist activity is to contact your local police department.** Your local police department is closest at hand and can provide the quickest response. **In an emergency, however, call 911.**

Out-of-Area Contact

Out-of-Area Contact is one of the most important concepts in your disaster plan. When disaster occurs, you will be concerned about the welfare of your loved ones.

In a disaster, local telephone service may be disrupted. However, long distance lines, because they are routed many different ways out of your community, may be open. It is also important to remember that the telephone company's emergency telephone network is the pay telephone system. They will restore it before the rest of the system. So, if you have change to make a pay telephone call and an out-of-area contact, you may be able to communicate with loved ones in the disaster area indirectly through your out-of-area contact.

Out-of-Area Contact

Name _____

City _____ State _____

☎ Day (_____) _____

☎ Evening (_____) _____

☎ Cell (_____) _____

Local Contact

Name _____

City _____

☎ Day (_____) _____

☎ Evening (_____) _____

☎ Cell (_____) _____

Nearest Relative

Name _____

City _____ State _____

☎ Day (_____) _____

☎ Evening (_____) _____

☎ Cell (_____) _____

Family Work Numbers

☎ Father (_____) _____

☎ Mother (_____) _____

☎ Other _____

(_____) _____

Emergency Services

In a life threatening emergency, dial 911

Know your location when using a cell phone.

☎ Local Police _____

☎ Fire Department _____

☎ Hospital (_____) _____

Utilities

☎ Electric Co. (_____) _____

☎ Gas Co. (_____) _____

☎ Water Co. (_____) _____

☎ Telephone Co. (_____) _____

☎ Cable TV Co. (_____) _____

Family Physicians

☎ Name _____

Phone (_____) _____

☎ Name _____

Phone (_____) _____

☎ Name _____

Phone (_____) _____

Reunion Points *outside your home*

Location 1. Right outside of your home.

Location 2. Away from your neighborhood, in case you cannot return home.

Address _____

Phone _____

Route to try first _____

Reunion Points.

After a disaster it may be impossible for family members to return home for one reason or another. It is very important that you select a meeting point in the community where you can once again join the members of your household.

Safe Room *inside your home*

Our Saferoom is _____